

MEAT COOKERY

Presented by: Bayubay , Manilyn E.

Peras, Irish M.

Prado , Mary Rose

Serat ,Ma. Carmena

Compra ,Wodiefel Hope A.

Presented to: Dr. Zenaida Magtagad



❖ Key Concepts

- * Identify the structure and cuts of meat
- * Summarize the details of meat inspection, grading, handling, and storage

❖ Main Idea

- * Meat is an essential part of most foodservice operations' menus.
- * It is important to know how to purchase and safely store meat.



❖ Structure of Meat

- * Meat is an important part of many people's diets. It is also an essential part of most foodservice establishment menu offerings.
- * Meat is the muscle of animals, such as found in cattle and hogs. In general, all meats contain the same three basic nutrients: water, protein, and fat.

❖ **Meat has the following amount of nutrients:**

- * About 75% of muscle is water
- * About 20% of muscle is protein
- * About 5% of muscle is fat

Water is a very important nutrient to keep in mind when preparing meat. Too much cooking will make meat dry. As meat cooks, it gets smaller due to shrinkage. Shrinkage happens when the meat loses water as it cooks. The longer you cook meat, the less it will weigh. Meats cooked at low temperatures do not lose as much water as meats cooked at high temperatures.

There are two types of fat in meat: marbling and fat cap

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- * Marbling is fat within the muscle tissue. The amount of marbling affects the meat's tenderness, taste, and quality.
 - * The fat cap is the fat that surrounds muscle tissue. An animal uses this layer of fat as an energy source and to keep itself warm. This layer of fat is frequently left on the meat during cooking to keep meat moist and juicy. If there is not a fat cap, barding or larding is a proven alternative to keep meats from drying out during cooking.

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- * With barding, you wrap a lean meat with fat, such as bacon, before roasting. A few minutes before doneness, you remove the meat from the oven, unwrap the fat, put the meat back in the oven, and allow the surface of the meat to brown.
 - * With larding, long, thin strips of fat or vegetables are inserted into the center of the lean meat. This adds moisture and can make the final product visually appealing.

Components of Meat



Meat products have three components:

1. **Muscle Fibers** You may have heard that leaner cuts of meat have fewer calories. That is because lean meat is almost completely composed, or made up, of muscle fibers with little fat.

Muscle fibers - determine meat's texture and contribute to its flavor. Coarsely textured meat such as ham has tough, large fibers.

2. **Connective Tissue** Connective tissue connects muscles to bones and binds muscle fibers together. Connective tissue is tough. Connective tissue is composed of either collagen or elastin.

- * *Collagen* is soft, white tissue that breaks down into gelatin and water during slow, moist cooking processes.
- * *Elastin* is a hard, yellow tissue that does not break down during cooking.

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- * Learn the bone structure of an animal to help you identify the different cuts of meat and how they are carved.

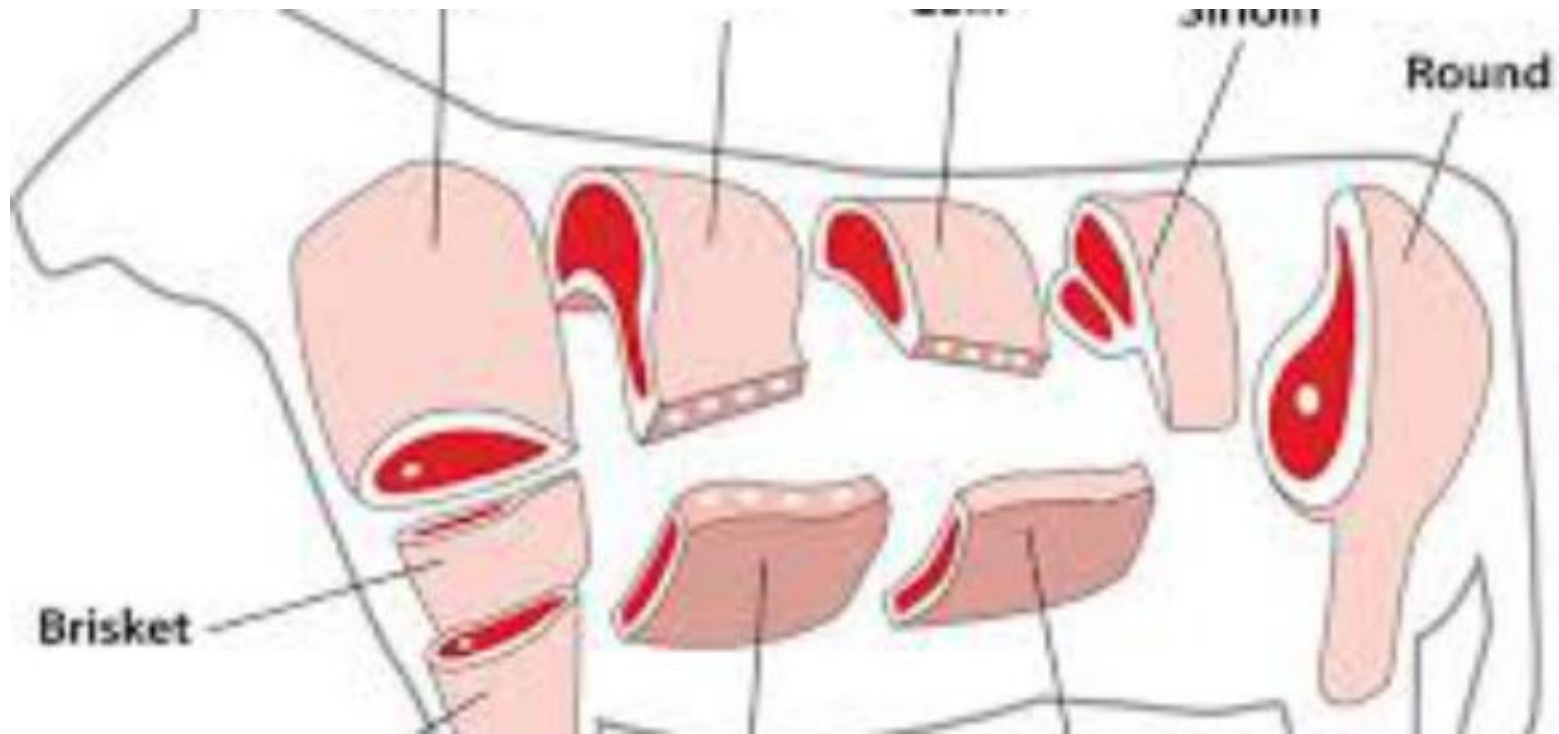
Primal Cuts

- * A ***primal cut***, sometimes called a wholesale cut, is a large, primary piece of meat separated from the animal. Primal cuts are the most popular forms of meat purchased by foodservice operations.
- * ***Fabricated Cuts*** A fabricated cut is a smaller portion taken from primal cuts. It is a smaller, menu-sized portion of meat. You would likely purchase fabricated cuts if you were planning to serve roasts, stews, or steaks.
- * ***Whole Carcass*** The carcass is what is left of the whole animal after it has been slaughtered. The carcass does not usually include the head, feet, or hide. However, pork can be purchased with the feet and head still attached.

Cutting the Carcass

- * Beef carcasses are split into two sides. Each side is divided into a hind and a quarter. In general, veal and lamb carcasses are divided between their last two ribs to create the foresaddle and hindsaddle.

Meat Carcass and Cuts



Purchasing Meat

- There are several factors to consider when you purchase meat:
 - * The menu and the meats that will fit those recipes
 - * The cooking methods to be used
 - * The priced (for example, how much can your customers afford, and how much is your foodservice operation willing to pay for top- quality meats?)
 - * Quality and value

Meat Inspection and Grading

- * This law requires the inspection of all meats that are transported across state lines. It also requires the federal government to inspect animals before slaughter and carcasses after slaughter, establishes sanitation standards for meat- processing plants, and allows the government to routinely monitor the activities of these plants.

Meat Grades

- * **Quality Grades** – is a means to measure differences in the quality of the meat you purchase. This type of grading shows meat's tenderness, juiciness, and flavor. The quality grades are different for each type of meat.

Yield Grades

A yield grade measures the amount of usable meat on beef and lamb.

Meat Handling and Storage

Fresh Meats

- * Check purchases as soon as it arrives to ensure the quality
- * Do not wrap tightly, bacteria and mold thrive in moist. Allow air to circulate to inhibit the growth of bacteria.
- * Do not open vacuum packed meats until it is ready to use.
- * Store at 32 degree to 36 degree F.
- * Store fresh meats in the coldest part of the refrigerator(40 degree F/5 degree C or lower).
- * Use refrigerated fresh meats within 3 to 4 days. Ground meats and variety meats are more perishable than other meats, use within 1 to 2 days.

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- * Refrigerator cured and smoke meats, sausages, and ready to serve meats, unless the label says other wise. Leave them in their original wrappers.
 - * Freeze meats for longer storage. (0 degree F/ 18 degree C or colder) for maximum keeping quality.
 - you can freeze luncheon meat, hotdog, and ham up to 2 months.
 - ground meats will keep for 3 months.
 - pork cuts for 6 months.
 - lamb will keep up to 9 months.
 - * Beef will keep for a year.



Thank you for
Watching